
Mental Health Issues in Identity Theft

Module 5:

Tips for Professional Therapists Serving
Identity Theft Victims

By the end of this module, participants will be able to:

- List key components of working with clients experiencing traumatic reactions.
 - Use handouts for psycho-education of traumatized clients that may supplement therapy.
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Physical and Emotional Safety Strategies

- **Physical Safety**

- **Emotional Safety**

- Become educated about Identity Theft.
 - Tell about ID Theft Background.
 - Tell client you recognize the complexity of ID Theft.
 - Explain that trust may be a concern.
 - Tell the client they may share their experiences when they are ready.
 - Tell the client you would like to get to know them first- what their life was like before the Identity Theft
 - Ask client to identify strengths and sources of resiliency.
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Self-Regulation Strategies

- Deep breathing
 - Deep breathing with words
 - Deep breathing with color and temperature
 - Collar bone breathing
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Social Support Strategies

Positive and Negative Support Handout
Discussion about World View Change and
Rational thinking

Processing the Trauma

- Emotional Help
 - Positive Affirmation
 - The "Why/" and "Why me?"
 - Biological Help
 - Finding a Survivor Mission
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